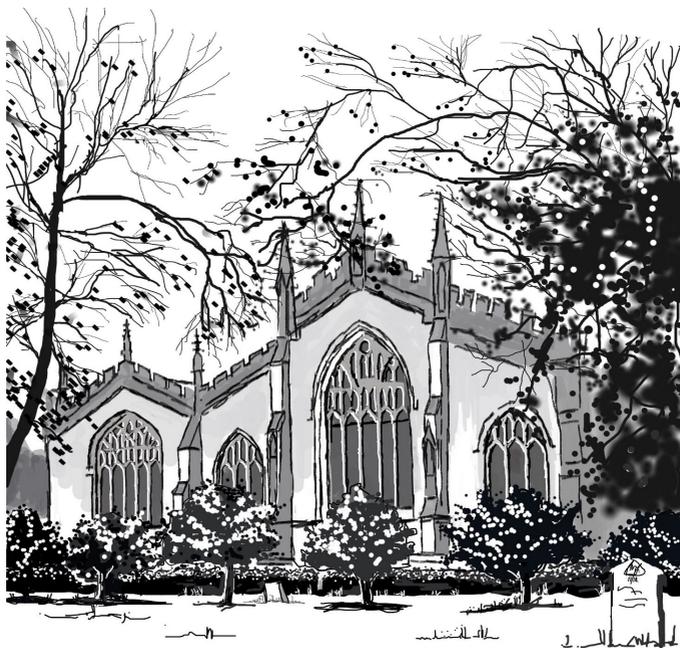


PARISH LIFE

Magazine



HOLY TRINITY KENDAL PARISH CHURCH



March 2026

50 pence

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The Curate Writes:

As the last echoes of the New Year's celebrations fade and the winter chill begins to give way to the first tentative signs of spring, the Church enters a season of profound quiet.

For many, Lent is synonymous with "giving things up" - chocolate, social media, or perhaps that second cup of coffee. But if we view Lent merely as a test of willpower or a late attempt at a New Year's resolution, we miss the transformative heart of this holy season.

However, Lent is not meant to be a spiritual obstacle course where we stumble and fall from one thing to the next; it is a wilderness journey. It is a forty-day invitation to strip away the noise of our lives to hear the whisper of God more clearly.

The number forty echoes throughout Scripture as a period of preparation, testing, and eventual renewal. Maybe the number forty makes us recall the forty days and nights of rain in the time of Noah, the forty years the Israelites spent wandering in the desert, or the forty days Jesus spent in the wilderness before beginning His public ministry.

It is here in the wilderness, where Jesus is stripped of earthly comforts. He faced hunger, isolation, and temptation. Yet, it was in this barren place that He affirmed His identity and His mission.

As we enter Lent, we are invited to join Him in that "wilderness journey" where the distractions of the world fall away, leaving us face to face with our Creator.

The journey begins on Ash Wednesday, with a stark and humbling reminder: "Remember that you are dust, and to dust you shall return." It is a moment of radical honesty. We acknowledge our mortality and our mistakes. We wear the cross of ashes not as a badge of holier-than-thou piety, but as a public admission that we are in need of a Saviour.

However, the beauty of the Lenten season is that it does not end at the grave. The somber tones of Lent; the purple vestments, the omitted "Alleluias" and reflective hymns, are all designed to heighten our anticipation, leading us to the moment when we will remember the stages of Holy Week and walk towards the cross with Jesus not as a funeral procession, but as a journey toward the greatest victory in human history.

As the soil prepares for the seeds of spring, let us allow Lent to prepare the soil of our hearts. This is a season of "bright sadness" - sadness for our failings, but brightness because we know the ending of the story.

May this Lent be for you a time of deepening faith, renewed hope, and a path that leads you ever closer to the joy of the empty tomb.

Rev. Andy Ward

The Lord's Prayer

To go to my work place I had a 5 mile drive along a winding country road lined with bushes and trees, through an old village and a modern council housing estate. It took me about 25 minutes and being a good driver I always kept my eye on the road. Then one day the car decided it wanted to have a rest. It wouldn't start. Buses were not available so as it was a nice day I decided I would walk. Wow! what a revelation that was. The wild hedgerow full of nature and birds hiding that I had never noticed before.

I saw the village in a new way, interesting old historical buildings and well-tended gardens. Even the council housing estate looked smart. I realised what I had been missing on my regular car journey.

It was the same when I undertook the section on the Lord's Prayer in the Pilgrim Course. I had been saying it alone and with others in church on all sorts of occasions for years. In fact I could say it with my eyes shut but sometime sneaking a look about if visiting another church or letting my mind wander to Sunday lunch. Dear me I hear you say!! But on Pilgrim I was able to consider a few lines at a time. I was encouraged to think what the words really mean, something familiar had become special. Like my walk to work I saw it all in a new, exciting and meaningful way. So now when I say the Lord's Prayer with each word, line and section I have a new insight into what Jesus wants of me. Try it - you will be surprised and excited when you realise what you have been missing. Amen.

Exploring Prayer – Celtic Prayer

Celtic prayers for the everyday focus on blessing, protection, and awareness of the sacred in ordinary moments—from rising in the morning to working and resting. They often invoke the Trinity and nature, bridging the gap between spiritual life and daily routines.

Some examples

"Lord, be with us this day, Within us to purify us; Above us to draw us up; Beneath us to sustain us; Before us to lead us; Behind us to restrain us; Around us to protect us".

A Daily Blessing: "Christ, as a light illumine and guide me. Christ, as a shield overshadow me. Christ under me; Christ over me; Christ beside me on my left and my right".

For the Road: "May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand".

Daily Work: "May there always be work for your hands to do. May your purse always hold a coin or two. May the sun always shine upon your window pane".

Prayer for Peace: "Keep compassion within, keep hard-heartedness out; Keep love within, keep hatred out; Keep light within, keep darkness out".

A suggestion – try writing a prayer for one of your everyday activities – cooking, washing or cleaning, your job, the start and end of the day or for those going on journeys.

Circle us, God. Our hearts, our homes, our church, our nation, our world.

Circle us and let us never slip outside the wonder of Your grace. Amen

Marjorie Arnold

Thank you to everyone who supports the Kendal and District Debt Centre, whether it is as a volunteer, or through prayer, or financially through regular giving. The work is so important here in the South Lakes area. Below are a couple of pictures to update you on the work we've done to date. If you are interested in supporting us, please talk to me; I'm usually around on a Sunday morning grabbing a coffee before setting up music for the 11:15 Gathering Service. I'd love to talk to you. **Chris Marshall (Trustee)**



Paul Robinson
Debt Centre Manager

At least 80 visits have been carried out by Paul, accompanied always by a volunteer. Every person we meet is offered prayer on their visits and we seek to point people towards Jesus and the freedom and wholeness he offers. We also offer practical support, including Food Bank referrals and friendship where appropriate.

Please pray for our work and that more people will find the courage to seek the help they need.



Laura Kirkham
Money Advice Outreach
Project Manager

Please continue to pray for us that we will be able to reach those in our area who really need our help. Pray that people will overcome their fears of reaching out for help and that we will be able to continue to develop relationships with those organisations in our town who can confidently refer people to our services.

Saturday 28th March, 7.30pm
Kendal Parish Church
Westmorland Orchestra
Pärt: *Cantus in memoriam Benjamin Britten*
Bacewicz: *Symphony No. 3*
Sibelius: *Symphony No. 3*
<https://www.westmorlandorchestra.org.uk/>

Manna House

Most people in Kendal will know a little about the work Manna House does to help those who are homeless or facing other challenges in life. The Manna House website puts it like this:

Manna House provides a community of support to meet the physical, social and emotional needs of people who are homeless or vulnerably housed in South Lakeland. We deliver:

- 1. Practical material assistance to address urgent physical needs*
- 2. Support, acceptance and positive role models for social and emotional well-being*
- 3. Advice, assistance and advocacy on housing and money matters to improve housing security*

Learning opportunities that improve health, well-being and employment prospects

At this time, when many face real financial difficulties, a significant number of clients continue to need and benefit from what Manna offers. At the same time, a number of grant making bodies and charities have reviewed their funding programmes in ways that mean in some cases Manna no longer fits their criteria. This means that Manna House itself is facing significant financial challenges: it is responding to this in its approaches to trusts and charities and is also trying to broaden the ways in which it raises finance for its work.

Manna House is one of the organisations that Kendal Parish Church has agreed to support as part of its concern for 'World Mission'. When Manna was coordinating the Night Shelter in Kendal a number of KPC members helped to staff the Shelter and many other members provided meals for it. Since the Covid pandemic, the provision of emergency accommodation has been arranged in a different way.

An important part of Manna's support has always come from individuals, either through regular or one-off donations or by people becoming *Friends of Manna* (minimum annual subscription £10) which puts them in touch with regular news from Manna. Some members of KPC might wish to support the vital work of Manna at this time: you can find more information on the Manna House website at www.manna-house.org.uk

Michael Hunter

Arthur Moss R.I.P.

Arthur died peacefully at home on Tuesday 10th February aged 100. His working career as a Conservative Party Agent in regional and national politics encompassed Yorkshire, Surrey, Lancashire, Staffordshire and Westmorland. A devout churchman, he was first appointed Reader in the Lichfield Diocese in 1962, before moving to Kendal and serving at KPC for 47 years until he took Emeritus status. He also helped rebuild the Carlisle Diocesan branch of the Prayer Book Society, serving for 12 years as chairman and later as president. Arthur and his late wife Ann were married for 70 years until Ann's death in 2015. We give thanks to God for a long and faithful life defined by service, principle and dedication. Arthur's funeral service will be held in church at 12 noon on Thursday 5th March.



Arthur on his 100th birthday last May

Dipping Your Toe in the Old Testament

The Old Testament provides many challenges and because of this we can sometimes dodge it and stick to the New Testament. But it can also greatly enrich our understanding and faith. So on **Saturday, March 28th** there will be a further chance to '*dip your toe*' into the Old Testament. This time we shall take a bird's eye view to gain an overview of the Old Testament as a whole. How are we to understand it? How did it develop? What kinds of material does it contain? What about the difficulties it raises? How do different voices relate to each other? Etc!

We shall meet in KPC vestry: 9.30am for 9.45am and shall finish by 12 noon. You can just roll up but, as usual, if we know you are coming (email to michaeljh45@aol.co.uk) we'll make sure there are refreshments for you! Don't forget to bring a Bible!

Michael Hunter

Kendal Parish Church Book of Remembrance

Many of you will be aware that our Book of Remembrance sits in a case at the entrance of the Parr Chapel, that you can have names added to it and that the pages are turned daily. What you may not be aware of is that the names of those listed for each week are read out at the 10.30am Holy Communion service each Thursday.

Over the years this list has become increasingly long and many of those whose names are read out are unknown to folk still attending the church.

In consultation with the ministry team, I am proposing the following changes:

- Each week we will read out those whose names have been added to the book since the beginning of 2020
- We will also read out names that have been requested

So, if you would like us to continue to read out the name of a loved one whose name was added to the book prior to 2020 (in many cases this will be people who died before 2020) please fill in the slip by the memorial book and hand it in at the parish office.

These changes will not come into effect till after Easter and you can request older names to be read out, in their allotted week, at any point.

If you would like to add the names of your loved one to the Book of Remembrance please contact Janet at office@kendalparishchurch@gmail.com.

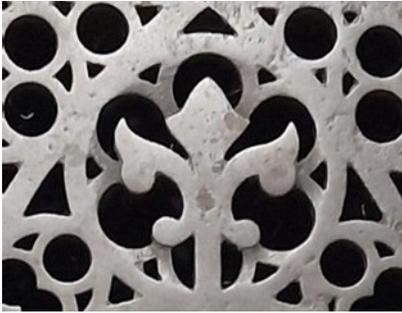
Revd Canon Shanthi Thompson

The following names have been added to the Book of Remembrance

April 8 th	Jennifer Hewitt-Jones
May 24 th	David Mason
June 22 nd	Margaret Elizabeth (Liz) Broad
August 7 th	David John Hunt
October 26 th	Andrew Brodie
December 14 th	Rod (Roderick) Newman-Holden
December 20 th	Stephen Derek Benson Dorothy (Dot) Benson



Picture Quiz



An easy question last month due to it being one of the church's many heating grilles that can be found running down every aisle and along all the side passages in the building.

On 18th October 1635 the river Kent flooded, and water entered the former vestry which at the time was housed in the Parr chapel.

Hot water pipes were installed in 1852 under the floor grilles and the current gas supply was installed in 1980.

The grilles may look decorative but it is known that many a lady's heel has been caught in the holes, some even being damaged.

There can be a nice warm flow of air coming up through these grilles and it has been known, during the winter months, for local undertakers to spend the whole of a funeral service standing over them.

This month's picture



Supporting our Mission Partners

On February 7th just over 50 people enjoyed an excellent evening in the Parish Hall for a meal (with a choice of nine main courses and a dozen desserts!) and the chance to taste 6 different wines (and match them to their descriptions) or 6 different juices (and identify their main ingredients). 4 people successfully matched all the wines and descriptions while those who tried the juices were in universal agreement that one of them was totally undrinkable!

Thanks to all who brought food or came to the evening as well as to others who made donations. As a result, we have been able to send a further £650 to the Church Mission Society for the support of A & L, our Mission Partners working in SE Asia.

A & L are very grateful, not only for this financial support but also for our ongoing prayers. L is helping to champion the cause of children with Special Educational Needs (SEN) in the region. A provides support and stability for the family as well as encouraging some who are learning to live in freedom from addiction. A & L particularly value prayer at this time as L's contract with the school where she has been teaching is not being renewed after June. She is exploring other teaching roles which would also allow her to continue this SEN work. As the boys will continue to need school places it's a time of change and uncertainty for the whole family. (L has recently spent two weeks in England to support her father who was having surgery.)

Even if, for many of us, life is currently fairly stable, we will all remember times when there was a lot of uncertainty in our lives and we especially valued the support and prayer of others - it will be good for us to hold A, L and the boys in our prayers in the coming weeks.

Michael Hunter

St Faithful's, Havnot

If you are a Facebook user and haven't yet found this site do check it out.



St Faithful's, Havnot is a fictional parish church created for amusement and gentle parody of British parish life - and a sprinkling of God talk along the way, for those who might be interested. We aim to be kind, thoughtful, humble and quite often funny.

www.facebook.com/stfaithfulshavnot

See also

books.by/tom-kennar

youtube.com/@tomkennar

tomkennar.com

stfaith.com



Soup Lunches in Lent

Lent lunches continue on the following Wednesdays - 4th, 11th, 18th and 25th March. Lunch will be served between 12.30pm and 1.30pm. Do come and bring your friends. Across the six weeks , we hope to raise £1000 for Christian Aid

On 22nd February members of Kendal Trefoil Guild and their families attended the morning service and renewed their Guide Promise in celebration of World Thinking Day (the 100th year)



From the Registers

Baptism

February 8th Alina Sofia Muszynska

Funerals

January 28 th	Muriel Airey
February 5 th	Bradley Reid
February 10 th	Anne Braithwaite
February 11 th	Sheila Nelson
February 19 th	Geoffrey Brown
February 20 th	John Capstick

Sunday Services in March

Sunday 1st	Second Sunday of Lent
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering, Café Style
4.00pm	Evensong
Sunday 8th	Third Sunday of Lent
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering
Sunday 15th	Mothering Sunday
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering
Sunday 22nd	Fifth Sunday of Lent
8.00am	Holy Communion (BCP)
9.30am	Morning Prayer
11.15am	The Gathering, with Communion
Sunday 29th	Palm Sunday
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering

Thank you very much to all who have contributed to this magazine. We would love to include your articles, notices, funny stories etc in future magazines. Do let us know if you would like any help or advice with articles.

Please email items to magazine@kendalparishchurch.co.uk - we need to receive them by 15th of the month before publication.

Stephen Lockwood and Susan Heyes,



Kendal's oldest building, one of England's widest churches.

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